

# KEY BISCAYNE COMMUNITY CENTER

## GROUP EXERCISE SCHEDULE 2016

Classes are 55 minutes and are held in the Aerobics Studio

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>6:15 AM</b> SPINNING <i>Arturo</i>	<b>6:15 AM</b> SPINNING <i>Jennifer</i>	<b>6:15 AM</b> SPINNING <i>Arturo</i>	<b>6:15 AM</b> SPINNING <i>Jennifer</i>			
<b>8:00 AM</b> SPINNING <i>Jennifer</i>	<b>8:00 AM</b> BRAZILIAN SCULPT <i>Marquinho</i>	<b>8:00 AM</b> SPINNING <i>Jennifer</i>	<b>8:00 AM</b> BRAZILIAN SCULPT <i>Marquinho</i>	<b>8:00 AM</b> SPINNING <i>Jennifer</i>	<b>8:15 AM</b> SPINNING <i>Marquinho</i>	
<b>9:00 AM</b> STEP <i>Jennifer</i>	<b>9:00 AM</b> SPINNING <i>Jennifer</i>	<b>9:00 AM</b> BODY SCULPTING <i>Jennifer</i>	<b>9:00 AM</b> STEP <i>Jennifer</i>	<b>9:00 AM</b> BODY SCULPTING <i>Jennifer</i>	<b>9:15 AM</b> BRAZILIAN SCULPT <i>Marquinho</i>	
<b>10:00 AM</b> BODY SCULPTING <i>Jennifer</i>	<b>10:00 AM</b> LATIN <i>Jennifer</i>		<b>10:00 AM</b> BODY SCULPTING <i>Jennifer</i>	<b>10:00 AM</b> SPINNING <i>Jennifer</i>	<b>10:15 AM</b> SPINNING <i>Jennifer</i>	<b>10:00 AM</b> SPINNING <i>Jennifer</i>
<b>11:00 AM</b> SPINNING <i>Marquinho</i>	<b>10:00 AM</b> SPLASH! WATER WORKOUT <i>Marilyn</i>	<b>11:00 AM</b> BRAZILIAN SCULPT <i>Marquinho</i>	<b>10:00 AM</b> SPLASH! WATER WORKOUT <i>Marilyn</i>	<b>11:00 AM</b> BRAZILIAN SCULPT <i>Marquinho</i>		
	<b>11:15 AM</b> BOOMER BOOTCAMP <i>Marilyn</i>		<b>11:15 AM</b> BOOMER BOOTCAMP <i>Marilyn</i>			
	<b>6:00 PM</b> SPINNING <i>Arturo</i>	<b>5:45 PM</b> BRAZILIAN SCULPT <i>Marquinho</i>	<b>6:00 PM</b> SPINNING <i>Arturo</i>			
<b>6:45 PM</b> SPINNING <i>Marilyn</i>	<b>7:00 PM</b> BRAZILIAN SCULPT <i>Marquinho</i>	<b>6:45 PM</b> SPINNING <i>Marilyn</i>	<b>7:00 PM</b> BRAZILIAN SCULPT <i>Marquinho</i>			

\*REQUIRES SENIOR  
FITNESS PASS

\*REQUIRES SENIOR  
FITNESS PASS

\*REQUIRES SENIOR  
FITNESS PASS

\*REQUIRES SENIOR  
FITNESS PASS

Per KBCC Policy, group exercise  
class participants must be at  
least 15 years of age.

**MEMBER PACKAGES/ABONOS: 1 Class = \$9 5 Classes = \$35 10 Classes = \$60 20 Classes = \$100**

**NON-MEMBER FEE = \$15**

**\*SENIOR FITNESS PASS FOR 8 CLASSES: Members = \$48 Non-Members = \$58**

*(Must be age 55 and older to use this pass; Valid only for the following 3 classes: Splash! Water Workout, Boomer Bootcamp & Yoga for 55 & Older)*

**\* SEE REVERSE FOR ADDITIONAL CLASSES \***

# KEY BISCAYNE COMMUNITY CENTER

## GROUP YOGA SCHEDULE 2016

Classes are 90 minutes long and held in the Island Room - 2nd floor. Exception: Yoga for 55 Older is 60 minutes long and held in the Adult Lounge - 2nd floor.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>8:15 AM</b> YOGA for 55 & Older <i>Kerstin</i>		<b>8:15 AM</b> YOGA for 55 & Older <i>Kerstin</i>			
<b>8:30 AM</b> MULTI-LEVEL 1 YOGA VeroYoga & Co. <i>Veronica</i>	<b>8:30 AM</b> MULTI-LEVEL 2-3 YOGA VeroYoga & Co. <i>Veronica</i>	<b>8:30 AM</b> MULTI-LEVEL 1 YOGA VeroYoga & Co. <i>Veronica</i>	<b>8:30 AM</b> MULTI-LEVEL 2-3 YOGA VeroYoga & Co. <i>Veronica</i>	<b>8:30 AM</b> MULTI-LEVEL 1 YOGA VeroYoga & Co. <i>Veronica</i>	<b>9:30 AM</b> POWER YOGA <i>Kerstin</i>	<b>9:30 AM</b> MULTI-LEVEL 2-3 YOGA VeroYoga & Co. <i>Veronica</i>
	<b>9:30 AM</b> YOGA CORE & STRETCH <i>Arbey</i>					
<b>10:00 AM</b> YOGA <i>Arbey</i>		<b>10:00 AM</b> YOGA <i>Arbey</i>		<b>10:00 AM</b> YOGA <i>Arbey</i>		
<b>7:00 PM</b> POWER YOGA & STRETCH <i>Kerstin</i>		<b>7:00 PM</b> POWER YOGA & STRETCH <i>Kerstin</i>				

### FEES

### MEMBERS

### NON-MEMBERS

Yoga Classes for Adults by Arbey & Kerstin	\$9 per class	\$15 per class
Yoga Classes for Adults by VeroYoga & Co.	\$18 /class or \$130 /10 class pass	\$21 /class or \$160 /10 class pass
<b>Yoga for 55 &amp; Older (60 minute class; takes place in Adult Lounge, 2nd floor)</b> For students who are at least 55 years old only. Maximum of 12 students. New students MUST speak to instructor before starting: Kerstin (786) 970-3636	\$48 per 8-punch pass <i>(pass is also valid for Splash! Water Workout &amp; Boomer Bootcamp)</i>	\$58 per 8-punch pass <i>(pass is also valid for Splash! Water Workout &amp; Boomer Bootcamp)</i>

\* SEE REVERSE FOR ADDITIONAL CLASSES \*